

THE NEED FOR DAILY LIVING ACTIVITY IN MOTHERS WHO HAVE POST-PARTUM SECTIO CAESAREA AT KANJURUHAN REGIONAL HOSPITAL MALANG REGENCY

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Abstract

Postpartum with cesarean section have the problem of frequently experiencing pain and fear if the stitches come loose during movement because surgery is carried out by opening the abdominal wall and uterine wall. This will impact fulfilling the mother's daily living activity needs. In this case, efforts are made to maintain the mother's daily living activity needs by carrying out early mobilization post-cesarean section to increase activity. This research aims to describe postpartum cesarean section mothers' daily living activity needs. The method used in this research is descriptive qualitative with case studies using interviews and observation techniques in collecting data with previously prepared instruments. The targets of this research were two postpartum cesarean section mothers. The results of the study showed that there was an increase in daily living activity in subjects 1 and 2, that on the first-day post-cesarean section they still needed help to carry out activities, on the second day they were able to eat, and dress independently, then on the third day subject 1 was able to carry out elimination and personal hygiene in the bathroom independently while subject 2 was accompanied by his family. Advice for both subjects is not to be afraid of carrying out post-cesarean section activities by implementing mobilization as early as possible. The recommendation for future researchers is to provide more pre and post-operative motivation to postpartum cesarean section patients.

Keywords: Activity Daily Living, Early Mobilization, Sectio Caesarea

INTRODUCTION

Childbirth is the process of expelling the product of conception (fetus and placenta) that has reached term through the birth canal. Several types of childbirth can be done, one of which is a cesarean section. A cesarean section is an artificial childbirth process where the fetus is born surgically through an incision in the abdominal wall (laparotomy) and uterine wall (hysterotomy) resulting in a fairly large surgical wound. The surgical wound also causes pain, often making the mother feel worried and afraid to move. Excessive fear in post-cesarean section mothers can result in obstruction of fulfillment of Activity Daily Living (ADL) needs (Sulistiywati, 2013 in Tri Wijayanti, et al., 2022).

According to 2020 World Health Organization (WHO) data, labor with method section cesarean has increased globally and exceeded the range WHO recommendations of 10-15%. Latin America and the Caribbean region own level of labor with section cesarean the highest in the world, namely 40.5% followed by Europe at 25%, Asia at 19.2%, and Africa at 7.3%. In Indonesia, based on the 2020 Basic Health Research data, the percentage of labor with method section cesarean reached 24.8%, the highest in the DKI Jakarta area at 31.3% and the lowest in Papua with 6.7% (Musikaningrum, 2023). Meanwhile, the number

incident labor section cesareans in the Basic Health Research (2019) in East Java Province in 2018 amounted to 22.36% (Qudrotunanda, 2023).

The majority mother in labor with labor section caesarean will feel painful Because done surgery with method open abdominal wall and uterine wall (Ratnawati, 2016 in Hijratun, 2021). When mother experiencing post sectio pain caesarean generally Mother will afraid and reluctant For move the body with reason pain and fear if stitches off, thing this is what causes mobilization early Mother not enough good. Mobilization early post sectio caesarea is very important For done, because If No done will give impact among them the occurrence improvement temperature, abnormal bleeding, involution that is not good, flow blood clogged, increased intensity pain, and other impacts if No do mobilization early post sectio caesarean can also result in fulfillment mother's ADL needs become hampered. According to research (Saskia Agustina, 2022) efforts For overcome problem fulfillment of ADL of mothers who undergo section caesarean recommended For move as early as Possible.

Mobilization early is effort maintain independence patient as early as Possible with instruct patient For maintain gastrointestinal function, facilitating circulation blood so that the healing process wound more fast and pain is felt patient reduced, with the healing process quick wound will minimize the emergence infection in scar wound operation, so that patient can perform ADL with good (Fernawati et al., 2019).

METHOD

Study This use method studies case descriptive with using 2 subjects study in accordance criteria inclusion and exclusion are set. Subjects in the study This is post sectio mother caesarean first time in the range time February until March 2024 in the Brawijaya Room of Kanjuruhan Regional Hospital Malang Regency.

Instrument study This with using Barthel Index. Barthel Index obtained with see activity post sectio mother caesarean section indicated subject research on the day First until finished maintenance so that can known whether daily living activity needs of post-section mothers caesarean fulfilled or no. Measurement process with see score namely 20 (independent), 12-19 (dependent) light), 9-11 (dependence) moderate), 5-8 (dependence) weight), and 0-4 (total dependency).

Study This done with procedure proper ethics that is benefit, appreciate rights, confidentiality, fair, no endanger or harm subject research, and has get permission from Kanjuruhan Regional Hospital Malang Regency with No. 500.6.18/855/35.07.302.101/2024.

RESULT

A. Overview of Research Location

The location of the research data collection was carried out in the Brawijaya Room of Kanjuruhan Regional Hospital, Malang Regency, located at Jalan Panji No. 100, Panggungrejo Village, Kepanjen District, Malang Regency. One of the

cases of patients who were treated in the Brawijaya Room was postpartum mothers with a previous *caesarean section* with an indication of a history of previous *caesarean sections*, but there were also cases of post *caesarean sections* due to certain conditions such as cephalopelvic disproportion, previous medical history and breech.

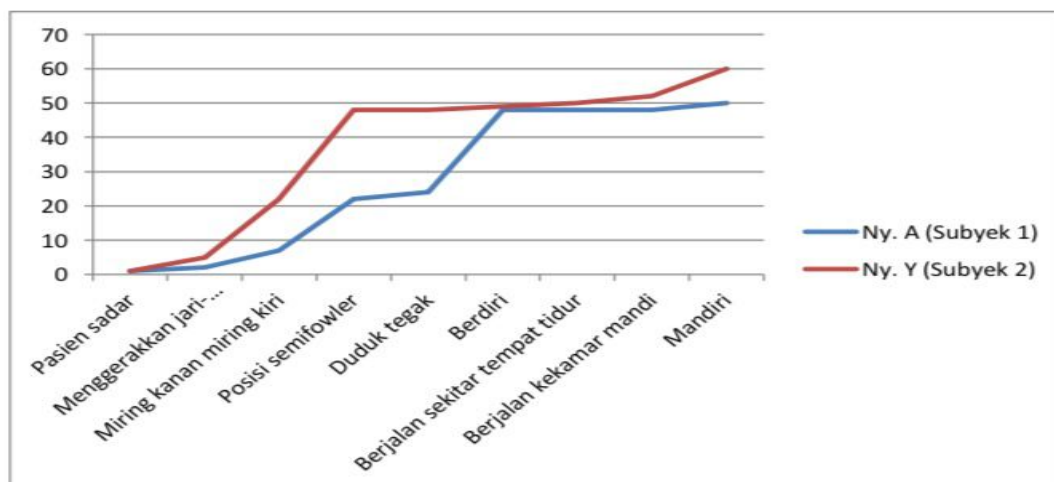
section caesarean patient care carried out in the Brawijaya Room of Kanjuruhan Hospital includes fulfilling the needs of postpartum mothers and encouraging clients to immediately carry out early mobilization. Clients treated in this room will be given information by health workers regarding the stages of early mobilization so that when the client is allowed to go home, the client can already carry out their activities independently.

B. Post-Caesarean Section Mothers in the Brawijaya Room of Kanjuruhan Regional Hospital, Malang Regency

Both subjects of the study were female and were first-time post- *cesarean mothers*. Subject 1 (Mrs. A) was 35 years old with an elementary school education, unemployed, Muslim, multigravida giving birth to her 3rd child, had a history of abortion, underwent a *cesarean section* with an indication of Premature Rupture of Membranes (PROM). While subject 2 (Mrs. Y) was 29 years old with a high school education, unemployed, Muslim, had no history of abortion, multigravida giving birth to her 2nd child, underwent a *cesarean section* with an indication of Premature Rupture of Membranes (PROM).

C. Observation of Early Mobilization of *Post-Caesarean Mothers* in the Brawijaya Room, Kanjuruhan Regional Hospital, Malang Regency

Graph 1. Observation of Early Mobilization from the First Day to the Third Day *Post Sectio Caesarea* in the Brawijaya Room, Kanjuruhan Regional Hospital, Malang Regency



The results of the first observation on subject 1, 2 hours post *sectio caesarea* were able to move their fingers, wrists, shift their feet, 7 hours post *sectio caesarea*

began to learn to tilt to the right and to the left. The first day or 22 hours post *section caesarean* start learn to sit with help her husband . Second day post *sectio caesarean* able to sit with independent on the bed with her legs dangling to floor and start Study standing near the bed with help her husband . The third day post *sectio caesarean* Already can sit up straight on bed, standing and walking to bathroom in general independent . While in subject 2, 5 hours post *sectio caesarean* capable move fingers , ankles , and feet shifting , 10 hours post *sectio caesarean* start learn to tilt right tilt left in a way slowly with help her mother . The first day or 24 hours post *section caesarean* Not yet able to sit. Second day post *sectio caesarean* Study change position half sitting to sitting up straight with assisted her mother . The third day post *sectio caesarean* Already can sit up straight in a way independent , learning stand up and practice walk in a way slowly to bathroom with accompanied his mother .

D. Increasing Daily Living Activities in Post- Cesarean Section Mothers

Table 1. Increase in *Daily Living Activities in Post- Cesarean Section Mothers in the Brawijaya Room, Kanjuruhan Regional Hospital*

Time	Subject	Physical activity	Information
6-10 hours	Mrs. A	1	Total dependency
	Mrs. Y	1	Total dependency
12-24 hours	Mrs. A	6	Heavy dependency
	Mrs. Y	5	Heavy dependency
Day 2	Mrs. A	15	Light dependence
	Mrs. Y	11	Moderate dependency
Day 3	Mrs. A	20	Independent
	Mrs. Y	17	Light dependence

Based on the measurement of the increase in *daily living activity* of the Barthel Index after implementing early mobilization after *a caesarean section*, the results showed that subject 1 (Mrs. A) experienced... improvement of ADL with to obtain score 6 (dependence) weight) on the day First *post section caesarean* which is proven Still need total assistance from her husband For take object nearest needed , take food or Drinks . Second day to obtain score 15 (dependence) light) which is proven with Mother capable walking around place Sleep with help her husband , already Can take object closest and capable Eat alone . The third day get score 20 (independent) as proven with Mother capable fulfil need elimination and personal *hygiene* in the bathroom independent .

Subject 2 (Mrs. Y) experienced improvement of ADL with to obtain score 5 (dependence) weight) on the day First *post section caesarean* which is proven with results observation need help his mother For the necessary requirements like take it goods nearest , food or Drinks . Second day to obtain score 11 (dependence) being) which was proven by Mrs. Y still need help his mother For change position half sitting to sitting completely upright , already Can Eat alone , and get dressed . The third day get score 17 (dependence light) which was proven by Mrs. Y being able to walking around place sleep , able fulfil need elimination and *personal hygiene* in the bathroom with accompanied by his mother .

DISCUSSION

The implementation of early mobilization to meet the needs of *daily living activities in post -cesarean* mothers showed an increase in activity with minimal assistance from the family to doing it independently, this was proven by the increase in *daily living activities* assessed using the Barthel index assessment, the results obtained on the first day subject 1 got a score of 6 (severe dependency), the second day got a score of 15 (light dependency) and on the third day got a score of 20 (independent). While on subject 2 days First get score 5 (dependence weight), day second get score 11 (dependence medium) and day third get score 17 (dependence light).

Improvement fulfillment need *daily living* activities can seen from results observation implementation mobilization early in subjects 1 and 2, day First capable move finger his legs , bent knee , right tilt, left tilt , day second able to sit up straight above the bed for eating , combing hair , and dressing . The third day capable stand up and practice walk to bathroom with help family until capable walk in a way independent .

Research result This in line with results research (Sumaryati et al. , 2018) which revealed mobilization early can increase independence post *sectio* mother *caesarean* Because mobilization early *post section caesarean* is a movement , or activities carried out Mother after give birth , so that cause patient become more strong and healthy that can trigger ability good *daily living* activities .

According to researcher , ability For do *activity daily living* post *sectio caesarean* generally will take a long time to happen if Mother Keep going reluctant For moving . Implementation mobilization early in fulfil need *daily living activity* no make wound post *sectio* stitches *caesarean* off or ripped but can minimize pain consequence surgery and help the recovery process more fast , muscle become more strong and healthy so that can return do *activity daily living* normally . With thus mobilization early is a effort maintain independence as early as Possible For fulfil need *daily living activities* post *sectio* mother *caesaea* in order not to obstructed .

CONCLUSION

Based on the results of research on the needs of *daily living activities* in postpartum mothers *with caesarean section* at Kanjuruhan Regional Hospital, Malang Regency, it can be concluded that the fulfillment of *daily living activity needs* can be met by implementing early mobilization, because early mobilization is a movement or activity carried out by mothers after giving birth to prevent muscle stiffness, reduce pain, and improve blood circulation so that patients become stronger and healthier which can trigger good *daily living activity abilities*.

SUGGESTION

Based on the conclusion of the study on the need for *daily living activities* in postpartum mothers *with caesarean section* at Kanjuruhan Regional Hospital, Malang Regency, the researcher has several suggestions as follows:

1. For the subject
cesarean section mothers can carry out early mobilization according to the stages starting on the first day or 24 hours post- *cesarean section* until the 3rd day without reluctance to move, because early mobilization can accelerate the recovery process and help improve the fulfillment of *daily living activity needs* in post- *cesarean section* mothers.
2. For health services
It is expected that health workers can implement and provide motivation to post- *cesarean section* mothers to carry out early mobilization as an effort in the recovery process and fulfilling ADL needs post- *cesarean section*.
3. For educational institutions
It is hoped that we can understand the benefits and importance of early mobilization in improving the fulfillment of *daily living activity needs*, especially for post- *cesarean section* mothers.

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